

Child Passenger Safety Awareness

February 13-19, 2005 is Child Passenger Safety Awareness Week! Did you know:

- If used correctly, child safety seats are 71% effective in reducing infant deaths, 54% effective in reducing toddler deaths, and 67% effective in reducing the need for hospitalization?
- More than 90% of 4 to 8-year-old children who were seriously injured in a crash **were not restrained** in a booster seat?

Find out if your child is required to be in a safety seat (<http://www.nhtsa.dot.gov/people/injury/childps/>) and if you are using it properly. KYTC's Drive Smart web-site also has lots of information on child seats, including safety seat recalls, safety checkup events, and much more.



Reducing Your Risk of Cardiovascular Disease

We all know that to reduce our risk of heart attack, we need to control our weight, cholesterol levels, blood pressure, etc.-- but how?

It's all about change! But don't try to make all these changes at once- no one can start out managing all aspects of healthy living perfectly! This is why many fail in their efforts to live a healthier lifestyle. Consider these changes as a lifestyle evolution--not just something you suffer through until you lose 20 pounds.

Take on one new healthy habit a week/month and do it until it becomes a habit. Then incorporate something else on so on, until one day, you won't even have to think about- it will have become a way of life...a healthy way of life!

See your doctor and find out what diet and exercise regimen is best for you. A balanced diet, exercise, refraining from smoking, and reducing stress will lower your risk of heart disease, improve your mood, increase your energy, and can even fight Osteoporosis!



KYTC Employees "Scale Down"

In the top five on almost everyone's New Year's Resolution list is "lose weight," or "eat healthier." We are about a month into the new year and maybe you've figured out this is a little tough to do on your own! "Scale Down" might be just what you need!

This group meets weekly on Wednesdays at noon in one of the first floor conference rooms for support and encouragement. A weigh in begins at 11:45 and health tips are shared along with a pep talk! The cost is \$5.00 to join and \$1.00 per week thereafter.

So far, the collective weight loss of Scale Down participants is 115 pounds...47 of which were lost since January 1st!!

Come down and check it out or call Barbara Rucker at 564-6962 x 3054 for more information.

